Dr. Daniel Eiferman and OPANA President Beth Cooper pose for a picture after Dr. Eiferman’s heartfelt lecture. Freedom a la Cart was our service project this year. They catered breakfast and lunch, shared how they were founded, and a survivor shared her story. OPANA’s Past Presidents were also recognized.
Our annual Fall Conference was held October 5 at the Seigel Center at Mt. Carmel East Hospital. Thanks to the 61 people that got up bright and early Saturday morning and attended! I am going to note some of the highlights of this conference. Our keynote speaker spoke on the Second Victim Syndrome. He told us of his experience as a physician making an error and how it affected his practice and life. He is sharing his experience to help others. I honestly hadn’t thought about how a physician’s experience would be.

We had decided early on that Freedom ala cart would be our community service to sponsor. We learned about how Freedom ala Cart came into existence. Columbus is fortunate to have this community service and business to help victims become able to have a different life. A brave survivor shared her story of human trafficking and how she has regained her life back. The program has a positive success rate for people willing to make changes. Debby Niehaus, our only past ASPAN president and so much more, shared our 40-year history. We have much to be proud of! I was at my local Neopana meeting after the conference and heard someone explain what she heard. (I am paraphrasing what she said because I can’t recall it word for word.)

“A nurse from Ohio started the spark to assemble a local nursing group dedicated to recovery nursing. This turned into a state group and further turned into ASPAN.” Debby has saved many memoirs from these years. Sometimes we forget how far we have come. Debby also serves as our Webmaster. Check out the 40 year history please. We then learned about kidney disease from a doctor who was kind enough to step in for Dr. Soural. It was a good refresher. We had box lunches prepared by Freedom and listened to a video by our ABPANC Rep Teresa Salley asking us to attend their first trial air cast on class October 15. This trial was only offered to ASPAN Region 3. David Shelby from Elsevier Books showed us the new Mosby orientation series. We also had an OPANA state meeting. We had twelve past presidents in attendance! They were acknowledged and given a small gift. The afternoon lectures continued to be interesting. We learned about transplants and the Opioid Crisis. Toni Zito, our first FASPAN member from Ohio spoke on the OPIOID crisis. It is interesting to think of all the theories and approaches to pain relief I have learned since 1984. I bet I am not alone-right? And we had a 50/50 raffle and gift raffle to boot! ABPANC sent an amethyst bracelet to be won by a certified nurse. Your feedback this year was positive! You asked for multiple speakers. You asked for some variety. We listened and will continue too.

So what would you like for topics next year? Our next fall conference will be October 3, 2020.

I welcome your suggestions and input by 3/1/20 for topics for our 2020 conference. Here’s my email: ecooper622@yahoo.com.

What else is next?
- We are eligible to apply for the Gold Leaf Award that will be awarded in 2021. That means we start collecting our Data in 2020.
- In the meantime until our next fall conference-OPANA’s districts have some awesome learning opportunities. Check them out on the website. And who knows-you may see me and/or Vice President Amy visit.
- I again thank you for allowing me to serve as OPANA President. I am out of my comfort zone and challenged in a positive way! I am learning to make the most of my strengths and ask others for input and help. And I have received input and help! And I have made some special friends in my district, state/component and nationally.
- If you are organized-these roles in your district and component are very do-able. And if you are not organized-these roles will make you learn new skills that you can use to do the role and use in other areas of your life. The first step is the hardest- that is Step up–but so worth it.

Thanks!

ElizaBeth Cooper RN CPAN CAPA
We started from our districts and combined to become a component of ASPAN under the guidance of Jovita Keane, our first Ohio Director Representative, Founding director and first Historian for ASPAN. Jovita and Carol Holt held the organizing meeting of recovery room nurses in Toledo, Ohio in May of 1979 and the rest is history. I will not be able to identify everyone who has served but have included directors, officers and committee chairs. I apologize sincerely if I have forgotten to acknowledge you. OPANA has had many outstanding members involved with ASPAN contributing on the National Organizational Level including: Jovita Keane - ASPAN Founding Director 1980, OPANA First Director 1980-1983, ASPAN and OPANA Historian, OPANA Parliamentarian, and she received the High Honor, the ASPAN President’s Award 1990. Debby Niehaus - OPANA Director 1983-85, ASPAN Executive Committee 1983-85, ASPAN Treasurer 1985-1989, ASPAN President 1990-1991, Past Pres. & Bd Member, Core Curriculum Author/Reviewer and many Committee/SWT Chair; Current Member ASPAN Past President’s Circle, Emerging Leaders, Membership/Mkt. Development and Publication SWT/Committees. Donna Seaman - OPANA Director, Publication Chair, National Conference Chair in Cincinnati 1991, and ASPAN Secretary. Kathy Jurrus - ASPAN Treasurer, OPANA Director and President, ABPANC Member. Joyce Dufford - ASPAN Secretary, OPANA Director and President. Joan Vogelsang - ASPAN Research Committee Coordinator. Martha Clark- ABPANC Board and Committee, ASPAN Region 3 Director 2009-13. Jackie Ross - Breathline Editor, Many ASPAN Committee and Strategic Work Team Chair. Toni Zito and Amy Berardinelli - ASPAN Nominating Committee, SWTs, & Committees. Toni Zito-first OPANA to receive FASPAN 2019. ASPAN’s 10th National Conference in Cincinnati, Ohio and was hosted by Cincinnati and OPANA Members 1991!! Hosts dressed in the Cincinnati Riverboat theme, with our members making sure all ASPAN attendees had a great time!! We have much to be proud of nationally and within our GREAT state of Ohio. ORRNA organized in Toledo in spring of 1979 as the Ohio Recovery Room Nurses Association (ORRNA). Name changed to the Ohio Post Anesthesia Nurses Association (OPANA) in 1984 to align our name with our national ASPAN Organization. In 1998, the name became Ohio PeriAnesthesia Nurses Association (OPANA).

**OPANA Past President Salute**

33. Sally Swartzlander 2017-2019 34. Elizabeth Cooper 2019-2021
Excellence in Clinical Practice Award 2019

This award is presented at the Fall OPANA conference to a current active member of the District, OPANA, and ASPAN who is involved in direct care of PeriAnesthesia patients and CPAN or CAPA certified. The 2019 Award for Excellence in Clinical Practice was awarded to Marianne Barga, BSN, RN, CPAN from NOPANA. Marianne Barga is a full time RN in Preop and Phase 2 for ProMedica Flower Hospital in Sylvania, Ohio. She has been a nurse for over 36 years and worked in Periop for over 30 years in many different roles. She is an Associate Degree graduate who completed her BSN while raising her family and working full time. Marianne has been a member of the hospital Professional clinical ladder since its beginning and is considered a Professional Expert on the Clinical Ladder. She has been certified as a CPAN since 1993. She regularly precepts senior RN students and new staff in her department. For the past 10 years, Marianne has organized and staffed a digestive health booth at a community business expo. Other volunteer activities she has been involved in include Habitat for Humanity volunteer, manning first aid stations at the Mud Hens baseball games and Race for the Cure, and assisting in an Open house/clinic to explore health care career opportunities for Boy Scouts and Girls Scouts troops. Marianne has been involved with NOPANA, OPANA and ASPAN since early in her career when the group was beginning to organize in NW Ohio as evidenced by her ASPAN membership number of 199. Congratulations Marianne Barga, BSN, RN, CPAN.

By Debbie Wilson MSN, RN, CPAN
Anesthesia Patient Safety Foundation (APSF)  

2019 Stoelting Conference  

Toni Zito, MSN, RN, CPAN, FASPAN

The Anesthesia Patient Safety Foundation (APSF) is an independent multidisciplinary organization. According to their mission statement, the organization continually strives to improve patient safety by encouraging research and education, promoting patient safety and a national and international exchange of information and ideas. The APSF was launched in late 1985 as an independent, nonprofit corporation with the vision that “that no patient shall be harmed by anesthesia”. The APSF grew rapidly in impact. Its highly respected quarterly newsletter became and remains the largest circulation anesthesia publication in the world and serves to communicate safety-related news, ideas, and opinions.

The Anesthesia Patient Safety Foundation's (APSF's) annual Stoelting Conference is designed to foster multidisciplinary discussion around key safety issues in perioperative care. This year’s conference focused on Perioperative Deterioration: Early Recognition, Rapid Intervention, and the End of Failure to Rescue and included presentations, panel discussions, and facilitated working groups that discussed key safety issues in perioperative care.

This conference provided an opportunity to network, collaborate and share expertise from all disciplines to find solutions to improve safety in the perioperative setting. There were representatives from anesthesia, surgery, ICU, hospitalists, pharmacy, respiratory care, patient safety organizations and nursing. I was both humbled and proud to be ASPAN’s representative at this forum.

GCPANA General Meeting—October 26, 2019, 8:00—11:00 am

GCPANA's meeting was at The Patrician Center, Eastlake, Ohio.

David Shelby, Health System Sales Executive Clinical Performance, from Elsevier presented the ASPAN: Mosby's Orientation to PeriAnesthesia Nursing program.

David A. Levy, M.D. presented Post-Operative Urinary Retention.

Tina DiFiore, MSN, APRN, CNP presented Building a Culture of Gratitude.

GCPANA President Amy Berardinelli, DNP, RN, NE-BC, CPAN presided over the meeting. Forty nurses were in attendance. Cash, checks, and non-perishable food items were collected and donated to the Greater Cleveland food bank. Two contact hours were awarded.

Introduction of Board Members. Open position, V.P./President-Elect. Lisa Law has accepted the Host position.

OPANA Fall conference was held on October 5, 2019 at Mt Carmel East Seigel Center.

Deadline for submission of articles to the Snooze News is October 31, 2019.

ASPAN Breathline is out. President Amy Dooley’s 2020 theme is “Celebrate Strengths”.

October 31, 2019 is the deadline for the Willingness to Serve forms for the 2021 ASPAN committees. There were 272 volunteers on the various teams and committees in 2019.

OPANA 2021 open positions are Treasurer and Vice-President.

Respectfully submitted: Patty Molder, BSN, RN, GCPANA Secretary
Update from Region 3 Director

Aspan Updates

The Aspan board of directors held our midyear board meeting November 2\textsuperscript{nd}. The budget was approved and the financial health of Aspan is strong. For the first time there is 2 years of reserve funds in the bank. This is a goal for all components and Aspan has been able to achieve this. The president is considering combining CDI next year with the board meeting to help reduce travel time commitments and cost. The plans are underway for the national convention in Denver. The Dream walk will be changed this year to be a scavenger hunt. It is encouraged for all Representative assembly members to attend the development breakfast this year. The board voted to change the emerging leader’s program into a SWT. This will allow additional dedication by a team instead of just the past president as this program is so important for our future leaders and membership. A wonderful slate of candidates was announced, and they are now posted on the website for all of you to review and provide your feedback.

Regional Updates

At Component Development Institute I enjoyed meeting with the representatives from region 3. There was such excitement and great ideas to help our region become strong. The group would like to develop more around our national conference and getting to know the 1\textsuperscript{st} timers. We recognized that there are national conference attendees that are not familiar with their home state component. We also decided to try to have a region 3 calendar so when we are planning conferences we can try to compliment and work with others who may be just across the border. I am looking forward to getting to know more of you helping your component become stronger. Thank you for your engagement and support for Aspan.

Sincerely, Deb Moengen BSN RN CPAN
Denver and the National Conference

The next ASPAN National Conference dates are April 26 – 30, 2020 Denver, Colorado.

As the Vice President/President-elect of OPANA, I am tasked with the following responsibilities for the National Conference. Your voice and ideas are incredibly important to me as we plan these activities.

1. Any duties assigned by our President
2. To Chair the OPANA Component Night Committee to plan ASPAN Component Night activities:

This year, we are headed to Denver, Colorado!

Here are some fun facts about Denver that may spark some ideas:

- Denver currently has more marijuana dispensaries than Starbucks stores.
- Denver’s nicknamed is the Mile High City because it sits at an elevation of exactly one mile, or 5280 feet.
- Louis Ballast, who operated the Humpty Dumpty Barrel Drive-In in Denver, was the first person to trademark the cheeseburger.
- The first permanent structure in Denver was not a hospital, bank or house — it was a saloon.
- Denver brews more beer than any other city in the nation, with over 200 different beers brewed daily.
- Because of Denver’s air and altitude, it’s also easier to get drunk. Alcoholic drinks can sometimes feel 1.5 to 3 times more potent.
- Famed music group Led Zeppelin played their first show in America at the Denver Auditorium Arena on December 26, 1968.
- Denver was rated as the healthiest city in the country for pets by Purina, ranking high in categories like veterinarian to pet ratios and low number of fleas.
- Denver collects more money for the arts per capita than any other US city.
- The Denver Performing Art Complex is the 2nd largest performing arts center in the world.
- Denver was home to the very first Chipotle Mexican Grill.
- The Denver mint is the single largest producer of coins in the world. You can tell if a coin is made in Denver by a D mark.
- Denver has 300 days of sunshine a year.
- Denver is a cultural city with the second highest educated population in America.
- Famous people from Denver:
  - Tim Allen
  - Roseanne Barr
  - Don Cheadle
  - Duane "Dog" Chapman the bounty hunter
  - Mamie Eisenhower -36th 1st Lady

Please let me know if you would like to be a part of the OPANA Component Night Committee,
amyberardinelli@icloud.com

Please plan to attend my and Toni Zito’s podium presentation at the National Conference on Tuesday April 28th, 2020 from 2:15pm – 3:30pm titled, “The Post-Operative Phone Call: What is Best Practice?”

Thank you so very much for trusting in me to help lead our component to greatness!

Amy Berardinelli, DNP, RN, NE-BC, CPAN
CDI Highlights

This year’s Component Development Institute (CDI) was in Cincinnati, OH at the downtown Westin hotel. Having the national board members present on topics related to the Gold Leaf application was incredibly uplifting and encouraging. I felt ASPAN representatives from all components were eager to share best practices, as well as network and develop friendships. Our Region 3 Director, Deb Moengen, has innovative ideas on how to keep everyone updated, as well as keeping us updated on our progress and our momentum. This program gets better each year and is an excellent opportunity to learn more about the organization as a whole, as well as gives you the courage to commit to a national position.

Amy Berardinelli, DNP, RN, NE-BC, CPAN

I attended my 5th CDI (Component Development Institute) in a row. It was held in downtown Cincinnati, Ohio at the Westin. I attended CDI with Amy Berardinelli DNP, our Vice President. Part of why I went again was no one else was able to attend that weekend. I think this was one of the best programs I’ve attended. The speakers commented they all learned new concepts in preparing their topics. First off let me say that I will let any of you go instead of me. And second-if none of you want to go-I will always be glad to attend CDI. Chesapeake Bay Area and North Carolina components both had over 8 members attending. They feel it helps foster their leaders. I like the 3 day work-shop concept. The attendance ranges 100-140. You see the same people and have a better opportunity to talk and ask questions. I come back feeling recharged. I am reminded the challenges I see in Nursing are shared nationwide. I also find solace that getting people to take leadership positions isn’t what it used to be wherever the location.

This also gave me a chance to share ideas and plans with Amy. Many of you know that Teri Siroki, Sally Swartzlander, and I are from the NEOPANA district. We carpooled the past 5 years and used that time to do OPANA planning. Going to CDI with Amy gave us opportunity to share ideas and do some planning for the next few years. My hope is to see 4 people attend CDI next year from OPANA.

Beth Cooper RN, CPAN, CAPA

ASPAN Regional Directors
I found my home in the "Recovery Room" as a student and was hired by the head nurse after completion of my student training of 4 weeks. She saw my passion for care and created an evening job where I worked during school for two years as a Student Tech II in a 10-bed inner city hospital in Cincinnati. Evening shift was often hectic, but a great nurse taught me how to look at my patients. Good care required really looking at patients not monitors. I could tell changes in vital signs being at the bedside and oxygen level by color. I can tell you what 97 percent oxygen SAT looks like on a patient without an oximeter, that was not part of 70’s equipment. I graduated and a few months later after a brief stint in a med surg job, was starting my Recovery Room nursing career. This job was to have me start night call and work some evenings. I went for orientation and the head nurse said IV bottles are over there, bandages and supplies on same carts as when you worked here before. I waited and asked about working that day starting my orientation, and was told how to lock up that night if I was called in. She said that I knew everything I needed to know, and caring for patients was the same as it was when I was her student when working there a few months before. Wow, was I naive!! I was called in for emergency that night and survived. Yes, I was alone on "Call" for the next 18 years till I moved to Ambulatory Surgery. My call was Friday at 11 PM till Monday at 7 AM. I cared for Aortic Aneurysm ruptures, gun shots, ortho, you name it, but my backup must have been God with me. We got one heart monitor for the crash cart, a few years later, that we could use if a patient was “coding”. My first Dinamap BP machine was a hand me down from anesthesia. It wasn't good enough for them, but I loved it, but again, it had to be used on a critical patient. Finally, in the late 80s with ASPAN and ASA behind us, we got equipment that we needed. By then, our staff had carpal tunnel from squeezing blood pressure cuffs!! Those 3 AM sleepy times driving home, the critical ICU patients that I transported by myself that did not code on the ancient slow elevator, and staying calm with some humor as there was chaos all around me, for this, I am thankful. My choice in profession has been right, and the best for me with so many opportunities. I have always used touch with my patients for their healing, but I can never forget how each patient and nurse friend, touched and blessed me.

Debby Niehaus BSN, RN, CPAN
Focusing on Medicaid integrity will also help improve the accuracy of medical-loss ratios, Lynch said, noting that managed care plans had artificially inflated their MLRs through improper reporting to increase their earnings. "This is going to be a trust, but verify kind of activity," he said. The agency is also working to make sure that states and managed care plans aren't enrolling ineligible people in Medicaid, citing recent reports that states often place people who are ineligible on the Medicaid rolls. Lynch said it's especially true for states where the federal government is paying for most of the Medicaid costs. "There's little incentive for states to make sure they're guarding against inappropriate enrollments," he said.
ABPANC Introduces New Test Assured Program

ABPANC is now offering a new Test Assured program. The Test Assured program allows CPAN or CAPA candidates to take the exam twice in a 12-month period if the first attempt is unsuccessful. Now, you have the ability to take the exam a second time—if your first attempt is not successful—for a nominal fee of an additional $50 at time of registration. Now you can rest assured with Test Assured!

**Spring Registration Dates & Deadlines**

| Registration Window — Online* | January 1 – March 15 |

**Spring Administration Dates & Deadlines**

| Examination Administration Window | March 15 – May 15 |

**Certified Nurses Recognized at the OPANA Fall Seminar**

Congrats to all the new CPAN/CAPA certified Ohio nurses from Spring 2019!

**CPAN**—Shannon Miller, Michelle Hastings, Andrea Deboo, & Kelly Demattio

**CAPA**—Lorraine Boike, Linda Gallo, Michael Pace, Sandy Bennett, Ellen Hummel, Lindsay Stoll, Craig Varner, Michelle Hido, Valerie Borzy, Jennifer Borowski, Jamie Elliott, Olga Feider, Jessica Thomas, Pamela Myers, Julie Calvert, Margaret Setser, Laura Marshall, Linda Taylor, Rachel Phipps, & Amy McCarty

**Dual Certified** - Linda Gallo

**OPANA Certified Nurses = 449**

CAPA = 202  CPAN = 228  DUAL = 19
OPANA Mission and Vision

Our core purpose is to advance the unique specialty of PeriAnesthesia nursing. Our vision is to be Ohio’s recognized nursing association for providing and promoting PeriAnesthesia education, nursing practice, ASPAN standards and research.

ASPN News

- Visit www.aspan.org for the most current information
- Check out the November/December Issue of Breathline
- Call for Resolutions -Resolution forms relating to bylaws changes or relating to position statements, policy matters or other issues must be received by the ASPAN National Office no later than January 27, 2020.
- PERIANESTHESIA NURSE AWARENESS WEEK (PANAW) February 3 – 9, 2020 “PeriAnesthesia Nurses – Strength in Knowledge”
- ASPAN National Conference Dates - April 26 – 30, 2020 in Denver, Colorado

PLEASE REVIEW & VOTE FOR ASPAN CANDIDATES FOR OFFICE BY 2/29/20 (www.aspan.org)

OPANA Officers

President: Elizabeth Cooper RN, CPAN, CAPA
Vice President/President Elect: Amy Berardinelli, DNP, RN, CPAN, NE-BC
Secretary: Iris Marcentile BSN, RN, CPAN
Treasurer/Membership Chair: Bonita Woodin RN, MSN, CPAN
Immediate Past President/Nominations Chair: Sally Swartzlander BSN, RN, CAPA

Welcome to our new OPANA Standard Operations Chair: Teri Siroki BSN, RN.
Thanks to Nancy McGushin BSN, MSN, CNL, CPAN for all her years of service to OPANA!

Please visit the OPANA website for all the most current information:

www.ohiopana.org

Snooze News Editor — Sally Swartzlander BSN, RN, CAPA SLS2005RN@GMAIL.COM

Thank you to everyone that contributed to this issue of Snooze News. Please submit any PANAW pictures/celebrations, new district info, EBP, or research info to be included in the next edition by 3/1/20.